

Pandemic H1N1 UPDATE

KEEPING PARTNERS INFORMED ABOUT PANDEMIC H1N1 IN LOS ANGELES COUNTY

*Welcome to **Pandemic H1N1 Update!** This monthly publication provides timely and credible information from the Department of Public Health for Los Angeles County community groups and residents.*

H1N1 Vaccine News: Who Should Get the Vaccine and Why

The Centers for Disease Control and Prevention (CDC) identified priority groups for the H1N1 vaccine (shot). The list below describes why some groups should get the H1N1 vaccine first:

- **Pregnant women** have higher risk for medical problems (complications) caused by H1N1 and may provide protection (immunity) to their babies.
- **People who live with or care for babies less than 6 months old** are more likely to spread H1N1 to babies that are at higher risk for complications and are too young to get the vaccine.
- **Children and young adults 6 months to 24 years old** are more likely to spread H1N1 at daycares, schools and other locations in their community.
- **People 25 to 64 years old that have a chronic medical problem**, like asthma, have higher risk for complications caused by H1N1.

• **Healthcare & emergency medical workers that work directly with patients** are more likely to spread H1N1 to their patients and need to stay healthy to help sick patients.

Vaccine studies are still taking place. CDC expects H1N1 vaccine will be a single shot, available in October at:

- Private settings like doctors' offices and clinics
- Retail settings like pharmacies
- Public Health vaccine clinics for clients that don't have health insurance

Seasonal flu can still make you sick. Decrease your risk for seasonal flu by getting a seasonal flu shot, **especially if you're 65 and older**. Seasonal flu vaccine calendar available at: <http://www.publichealth.lacounty.gov/ip/flu/index.htm>



PANDEMIC H1N1 VACCINE PRIORITY GROUPS

Pregnant women

People living with or caring for infants under 6 months of age

Children and young adults from 6 months to 24 years

People aged 25-64 with a chronic medical condition

Healthcare and emergency medical workers with direct patient contact

Preventing H1N1 or Seasonal Flu

No matter the virus, preventing the flu requires little effort. Follow these tips to stay healthy:

- **Cover** your nose and mouth with a tissue when you cough or sneeze.
- **Wash** your hands often with soap and water. Gel sanitizers (such as Purell®) are also effective.
- **Avoid touching** your eyes, nose, or mouth since germs spread that way.
- **Avoid close contact** with sick people.
- **If you're sick, stay home** and rest for at least 24 hours after fever ends.



Pandemic H1N1 Status Report

CDC collects information like the number of doctors visits, hospital stays, or deaths caused by H1N1 complications to create weekly flu reports. These reports show that H1N1 is **currently**:

- Causing seasonal flu symptoms like fever, coughing, and tiredness and is more likely than seasonal flu to cause vomiting and diarrhea.
- Mostly making people ages 25 or younger sick.
- Mostly causing hospital stays and complications in children ages 0 to 4 years old, pregnant women, and in people with asthma, diabetes, heart disease or obesity.
- Causing similar or fewer hospital stays than seasonal flu, but more than usual for this time of year.



- Not sending as many people to the doctor as it was in April but, it's still causing more doctors visits than usual for this time of year.
- Not making people ages 65 and older sick like seasonal flu does. This age group may have been exposed to a similar virus in the past which protects them from getting sick.
- Not causing more flu-related deaths than usual for this time of year.

Pandemic H1N1 flu is not exactly like seasonal flu and **may change** even more during the October through March flu season. To stay healthy, keep informed, create back-up plans to care for sick family members, and practice good habits like hand washing. Visit www.cdc.gov/flu/weekly to read FluView, CDC's weekly flu report.

When is Flu Serious?

H1N1 flu and seasonal flu symptoms are similar. They include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. People with H1N1 flu also have diarrhea and vomiting. These symptoms get better without seeing a doctor. But, some symptoms can be dangerous.

Go to the doctor if you have any of these SEVERE SYMPTOMS:



SEVERE SYMPTOMS IN CHILDREN

Fast or difficulty breathing
Purple or bluish skin
Unable to drink enough liquids
Unable to wake up or respond
Irritability
Fever or skin rash

SEVERE SYMPTOMS IN ADULTS

Difficulty breathing
Pain or pressure in the chest or stomach
Sudden dizziness
Confusion
Severe or ongoing vomiting

Pandemic H1N1: What do you know?

1. Who should get the Pandemic H1N1 Vaccine?

- Pregnant women
- People ages 6 months to 24 years
- People ages 65 and older
- Answers A and B

2. The best treatment for Pandemic H1N1 is...?

- Taking aspirin
- Getting rest and drinking fluids
- Taking antibiotics
- Taking antivirals

3. The best way to prevent Pandemic H1N1 is...?

- Getting a H1N1 shot if you're in one of the priority groups
- Wearing a mask
- Cleaning your house with bleach at least once a week
- Taking antivirals

Answers: 1. D, 2. B, 3. A

H1N1 Resources

Centers for Disease Control and Prevention (CDC)

(800) CDC-INFO or (800) 232-4636
www.cdc.gov/h1n1flu/general_info.htm

California Department of Public Health

(888) 865-0564
www.cdph.ca.gov/HealthInfo/discond/Pages/SwineInfluenza.aspx

Los Angeles County Department of Public Health

Healthcare services: Dial 2-1-1

Speaker Requests and Materials:
www.publichealth.lacounty.gov/

DPH Update Listserv:

Email Listserv@listserv.ph.lacounty.gov and include "subscribe DPHUPDATE first name last name" in the subject line and body